

WHAT TO DO IF YOU CANNOT GO TO MASS

PREP YOUR HOME FOR PRAYER

1. Create a prayer space.
2. Schedule a time for family to gather for prayer.

WAYS TO PRAY TOGETHER

1. Livestream a Mass.
Sunday, 10AM <https://www.facebook.com/stjosephrc.org/>
Sunday, 11AM <https://www.facebook.com/ArchPhila/>
2. Read the Mass readings.
Visit <http://www.usccb.org/bible/readings/032220.cfm>
3. Listen to an online homily or reflection.
4. Pray an Act of Spiritual Communion.

ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things and I desire to receive you in my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

Saint Alphonsus Liguori in the 18th Century



Bishop Shanahan High School
People of God; People for Others

*Lord, prepare me to be a sanctuary
Pure and holy, tried and true
With thanksgiving, I'll be a living
Sanctuary for You!*